



Getting More from the Grocery Store

Whip Up a Menu: Plan your meals for the upcoming week or more. Need ideas? Check out heart-healthy recipes from the National Institutes of Health (NIH): *www.nhlbi.nih.gov*

Size it Up: Sometimes even small packages contain more than one healthy serving. If your child eats everything in the package, he or she could be eating two or more portions. Check the label for serving sizes.

Make it Big: Block out a few hours on the weekend to make a big batch of chili, a hearty soup, a pasta dish or a casserole. When your kids' schedule heats up during the week, you and your family can just zap-and-eat.

Brown Bag It: If you spend \$7 a day on lunch 5 days a week, you'll spend a total of \$1,820 in just one year. Bringing lunch from home saves money—and may help you control calories.

Even Better: For the same price as a soft drink from a vending machine, your kids could have their choice of a small apple, an 8 oz. cup of low fat yogurt, a cup of whole grain cereal, a small banana, 3 cups of unsalted, unbuttered popcorn, a pudding cup, 2 graham cracker sheets or some carrots and celery. In no time, your child can come up with his or her own list of favorites, too.

Health & Help are everywhere — HealthierGeneration.org

http://www.healthiergeneration.org/uploadedFiles/For_Parents/Community_2pger.pdf